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MANY USES FOR GRAPE

OME SUGGESTIONS FOR LOVERS OF THAT FRUIT.

Made Into Catsup It Is a Welcome Addition to the Winter Menu-Recipe for Unfermented Juice-Marmalade and Salad,

Grape Catsup.-Take five pounds of grapes and stew over a slow fire until soft; then rub through a sieve. Add two and a half pounds of sugar, one tablespoonful of allspice, one of pepper, one of cinnamon, one of cloves, half a tablespoonful of salt and a pint of vinegar. Boil slowly until thick and smooth, then bottle.

Grape Jelly Without Water.-Select perfectly clean Concord grapes; strip them from the stams into a clean, dry preserving or jelly kettle; mash with a wooden potato-masher while they neat. Keep them to the boiling point for four hours, uncovered, stirring and mashing them every now and then. Then allow to boil gently for another Keep uncovered and stir frequently to prevent burning. Then set aside and let cool slightly. Pour into cheescloth strainers, a little in each one, and let drain over night. Then measure the juice and proceed as

Unfermented Grape Juice,-Take the following proportion of grapes, sugar and water: Fifteen cups of Concord grapes stripped from the stems, nine cupfuls of water and three cup-fuls of sugar. Mash the grapes and put them into the preserving kettle with five cupfuls of water. Let boil gently until soft; then strain off clear. Return seeds and skins to the kettle, add remaining four cupfuls and cook until seeds are clear from pulp. Strain this juice through cheescloth and add to the first strained. Put into the ket-tle over the fire and add the three cupfuls of sugar. Bring to boiling point and continue five minutes; skim and bottle in air-tight jars while hot. Bottles with patent stoppers and fasteners are most convenient.

Ripe Grape Marmalade,-Take four pounds of grapes, four pounds of granulated sugar, one pound of stoned raisins, chopped fine; two oranges, seeded and chopped with yellow rind of one. Cook the fruit half an hour, add the sugar and boil ten minutes longer. Pour into jelly glasses or marmalade jars and seal up.

Grape Salad.—Remove the skins from large, white California grapes and cut them in halves to remove seeds. Blanch an equal quantity of English walnuts or pecans and shave in strips. Remove the skin and all the white fiber from several small, rather tart oranges, cut in rather thick slices, ther into strips, removing the seeds. Grapefruit may be substi-tuind for the orange. Dress each separately with oil and lemon juice seasoned with a little paprika. To give a dainty finishing touch, sprinkle a few chopped candled cherries or pistachio nuts over the top. If you want some-thing a little out of the ordinary, mix the salad with a cream mayonnaise, in which blend a little almond paste, or sprinkle fresh grated cocoanut over

Green Tomato Pickle.
One gallon sliced tomatoes, greener the better; salt them in lay-ers, and let them stand over night; in the morning drain them well; slice four large onlons; put a layer of toma-toes in the vessel, then a few slices of onlon; proceed in this manner until they are all put in; cut six green peppers very fine and spread over the top; take one tablespoonful black pepper, one tablespoonful allspice, two tablespoonfuls cloves, three tablespoonfuls mustard; put in a bag and boil in the vinegar till the strength is extracted, then put the bag on the top of the pickles, pour on boiling vinegar enough to cover them. Cover the vessel tightly and let it stand, three weks without opening.

Cooking Keynotes. Leftovers of fish can be safely kept in the refrigerator by putting them in a fruit jar with rubber and sealing

them tightly. A wire basket is a good thing to keep the eggs for cooking in, as one can see how many eggs are on hand without taking the basket off the

pantry shelf. A cheap and durable toaster for a gas stove is a piece of sheet iron. Over this a five-cent wire toaster can be used without danger of burning or blackening the bread.

Fish Chowder.

Fry out dry in the dinner pot some thin slices of pork; put in a layer of potatoes sliced in the same way; also some fish; repeat in the same order until all is in the pot, putting some pepper and salt on each layer of potatoes; split some hard biscuits, dip in water, and put them around the sides and over the top; put in water enough to come into sight. Stew until the potatoes are done, and add half a pint of milk or a teacup of sweet cream be tore taking up.

His Last Vielt. She had seen some springs, also remembered some summers, had known a variety of winters, and had a few hard autumns. The young man who was coming round seemed to be seri-ous, but slow, so she said: "I want to show you my rings.

Papa has given me one on each of my birthdays." She exhibited about twenty rings. "Now." she said, airily. "you can't guess my birthday?"
"Oh, yes i can. It's February 29!"
He never called again.

Neat Way of Putting It. She-Am I the only girl you ever

loved? He-Darling, every splendid result such as my love for you, must have some practice.

Needs Courage. Mother-Now, children, I want you to kiss Miss Lemon good by.

Elder Brother-Come on, Billy, be a sport. It'll be over in a second



Women of Middle Age

From 40 to 50 Woman's Critical Period.

Such warning symptoms as sense of suffocation, hot flashes, severe headaches, melancholia, dread of impending evil, palpitation of the heart, irregularity, constipation and dizziness are promptly treated by intelligent women who

are approaching the period of life.

This is the most critical period of woman's life and she who neglects the care of her health at this time invites in-curable disease and pain. Why not be guided by the ex-perience of others and take Lydia E. Pinkham's Vegetable Compound? It is an indisputable fact that this grand old remedy has helped thousands of women to pass through this trying period with comfort and safety. Thousands of genuine and honest testimonials support this fact.

From Mrs. HENRY HEAVILIN, Cadiz, Ohio.

Fort Worth, Texas.—"I have taken Lydia E. Pinkham's Vegetable Compound and derived great benefit from its use. It carried me safely through the Change of Life when I was in bad health. I had that all gone feeling most of the time, and headache constantly, I was very nervous and the hot flashes were very bad. I had tried other remedies and doctors, but did not improve until I began taking Lydia E. Pinkham's Vegetable Compound. It has now been sometime since I took the Compound and I have had no return of my old complaints. I always praise your remedies to weak women."—Mrs. Henry Heavilin, R. F. D. No. 5, Cadiz, Ohio.

From Mrs. EDWARD B. HILBERT, Fleetwood, Pa. Fleetwood, Pa.—"During the Change of Life I was hardly able to

From Mrs. EDWARD B. HILBERT, Fleetwood, Pa.

Fleetwood, Pa.—"During the Change of Life I was hardly able to be around at all. I always had a headache and I was so dizzy and nervous that I had no rest at night. The flashes of heat were so bad sometimes that I did not know what to do.

"One day a friend advised me to take Lydia E. Pinkham's Vegetable Compound and it made me a strong, well woman. I am very thankful that I followed my friend's advice, and I shall recommend it as long as I live. Before I took the Compound I was always sickly and now I have not had medicine from a doctor for years. You may publish my letter."—Mrs. EDWARD B. HILBERT, Fleetwood, Pa. From Mrs. F. P. MULLENDORE, Munford, Ala.

Munford, Ala.—"I was so weak and nervous while passing through the Change of Life that I could hardly live. My husband had to nail rubber on all the gates for I could not stand to have a gate slam.

"I also had backache and a fullness in my stomach. I noticed that Lydia E. Pinkham's Vegetable Compound was advertised for such cases and I sent and got a bottle. It did me so much good that I kept on taking it and found it to be all you claim. I recommend it to all women afflicted as I was."—Mrs. F. P. Mullen-porg, Munford, Ala.

DORE, Munford, Ala.

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(CONFIDENTIAL) LYNN, MASS., for advice.

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